



Dr. Barrak Alahmad

Title: Dr.

Affiliation: Harvard T.H. Chan School of Public Health

E-mail: Balahmad@hsph.harvard.edu

Speaker Biography:

Barrak Alahmad holds a medical degree from the University of Liverpool, United Kingdom, a Master of Public Health (MPH) from the Johns Hopkins Bloomberg School of Public Health, and a PhD in Population Health Sciences from the Harvard T.H. Chan School of Public Health.

Barrak works on climate change & health in the Middle East, he extensively studied and documented the effects of environmental exposures on the health of migrant workers. His work was highlighted by professional health organizations such as the World Health Organization (WHO) and the American Heart Association (AHA) as well as many media outlets. In 2022, he was named in the inaugural list of 40 Under 40 Public Health Catalyst Awardees highlighting rising leaders and innovators of the public health field by the Boston Congress of Public Health.

Presentation Title: Extreme Heat and Work Injuries in Kuwait's Hot Summers

Abstract:

Hot and arid Gulf countries are host to millions of migrant workers doing outdoor jobs such as construction and hospitality. The Gulf countries apply a summertime ban on midday work to protect workers from extreme heat, albeit without clear evidence of effectiveness. We assessed the risk of occupational injuries associated with extreme hot temperatures during the summertime ban on midday work in Kuwait.

We found that the popular and easy-to-implement 'calendar-based' regulations in the Gulf may not be enough to provide occupational heat protections. 'Risk-based' heat standards are needed to protect all workers, but especially migrant workers in the Gulf who may face inequitable harms from more extreme heat brought by climate change.

We discuss future directions for improving heat protection policies by integrating climate adaptation strategies and implementing comprehensive risk-based heat standards.